



## 2009 BACKPACKING EQUIPMENT LIST

These supplies are essential for a successful trip. We will go through everyone's packs with you (yes, all of it) before we leave Berkeley, so if you're not sure about something you can ask us then. Layering is the key to minimizing weight: pack clothes that can be layered together for extra warmth. Remember, personal items become very heavy when hiking, so we'll leave extra supplies behind. You also have to have extra space in your pack for general camp supplies (food and gear), which we'll distribute at the trailhead. We'll meet at 2434 McKinley (off Dwight Way in Berkeley) at **8:00 AM** on Tuesday, July 28, and will leave after we check gear. Our return time is **6:00 PM** on Tuesday, August 4. Call Lee at (510) 843-6157 or email Estrella at [estrellant@yahoo.com](mailto:estrellant@yahoo.com) with any questions. Please indicate on the personal information form if you have or can borrow a light, "backpacking" tent or a bear canister. We will bring stoves and water filters.

### Necessary gear (including what you're wearing):

- frame backpack (big enough for personal gear and a bear canister (make sure it fits—talk to Lee if you need to borrow one or want advice purchasing one)
- hiking boots (1 pair): they must be well broken in before camp (meaning 2-3 all day hikes)!
- warm sleeping bag and sleeping pad (for warmth and comfort)
- 1 pair long rugged pants and 1 pair short pants (heavy-fleece pants or synthetic convertible pants are best)
- 2 short sleeved shirts
- 1 pair of camp shoes (**light** sneakers/Tevas/Chacos - NO FLIP FLOPS)
- underwear and three pairs wool or hiking socks (**not cotton**) - no holes
- 1 pair polypro or silk (**not cotton**) thermal underwear is really required
- warm shirt and 1 jacket (down, wool or fleece are best)
- 1 stocking cap or ski cap
- quality rain poncho or rain jacket with hood and pants (a poncho is lighter and less bulky)
- swim suit or trunks and a small or medium size towel
- cap or visor and sunglasses (for sun protection)
- large and heavy plastic garbage bags (big enough to fit your frame pack)
- hard plastic bowl or pie plate, hard plastic cup/mug, spoon and fork
- toothbrush and **small** toothpaste
- lip balm (SPF 30-50)
- Two one-quart size water bottles (screw cover - make sure they don't leak)
- small** flashlight or headlamp with new batteries
- \$20 spending money and a clean shirt for the ride home
- personal foot care (a few band-aids, one sheet of mole-skin and mole foam)
- lunch for the first day

### Optional gear:

- backpacking tent, bear canister, propane stove, water filter (inform Estrella if you have these)
- vitamins or prescription medicines (inform Lee of latter)
- mosquito head net
- gloves
- bandana (for hiking)
- pocket knife, binoculars, camera
- playing cards, watercolors, markers or *light* paperback to read
- sketch book or notebook and several pencils
- brush, comb, deodorant and toiletries (keep to a **minimum**, they're heavy)
- tampons or pads (altitude and exercise can affect your cycle)
- a few "Power Bars" for the trail - (we'll supply you with some at the trailhead)

### Forbidden things:

Fireworks  
illegal drugs or alcohol

candy or gum  
magazines